

Constipation Station

Is your child having problems with constipation?

You aren't alone! Constipation accounts for 3-5% of pediatrician visits and may affect up to 30% of kids.

What causes constipation?

Most times there isn't a medical reason for kids with constipation. Lots of cases develop because kids are afraid to go in a public or unfamiliar bathroom or don't want to stop their activities to go number two. When they resist the urge to go, the stool becomes hard and therefore difficult to pass. Lifestyle can also lead to constipation. Inactivity, lack of water, decreased fruit and vegetable intake, and increased sweetened beverages can all contribute to constipation.

How can you help?

- ☐ Make sure your child drinks plenty of water.
- ☐ Encourage fiber rich foods like oats, pears, apples, popcorn, raspberries, beans, and potatoes.
- ☐ Do at least 30 minutes of activity with your child each day.
- ☐ Reassure your child it is okay to go number two in public places and try to encourage them to go when they feel the urge.



American Heart Month

February is American Heart Month! Heart disease is the leading cause of death for both men and women killing approximately 610,000 people each year. That's 25% of all deaths!

There are many changes you can make to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- ☐ Watch your weight.
- ☐ Make sure to eat a balanced diet limited in saturated fat, sodium, and sugar.
- ☐ Quit smoking and stay away from secondhand smoke.
- ☐ Control your cholesterol and blood pressure.
- ☐ If you drink alcohol, drink only in moderation.
- ☐ Get active. Try getting 30 minutes of activity 5 times per week.



Visit <https://www.nhlbi.nih.gov> for more information.



The Kewaunee WIC Program is here to help! Do you know someone with an infant or child who is having trouble making ends meet? Have them call the WIC Program to see if they are eligible! Open Monday –Friday 8AM to 4:30 PM.

Call (920) 388-7160 for more details!



Lead Safety for Children



Even small doses of lead exposure in children can be dangerous. People are most often exposed to lead by inhaling lead dust and since children tend to put things in your mouth, they are especially at risk. Lead is most commonly found in house paint. When paint chips or peels off the wall, lead dust is created leading to high risk of exposure. Lead can also be in water if the house has lead pipes or in the soil near a house contaminated with lead. Lead poisoning can have many negative effects in children including lower IQ's, damage to the kidney's, and hearing and attention loss. Children should be tested for lead at ages 1 and 2. Most children with lead poisoning do not have any symptoms but the only way to test for it is a blood test. Contact the Kewaunee Public Health Department to get your child tested for free today!

7 Ways to Build your Babies Brain Power

These 7 simple tips will make both you and your baby feel good and may help your baby's brain develop.

1. Touch
2. Talk
3. Read
4. Smile
5. Sing
6. Count
7. Play



Winter Minestrone Soup

A vegetable packed soup that's perfect for a chilly winter day.

Prep Time: 15 minutes
Cook Time: 35 minutes
Total Time: 50 minutes
Servings: 6



Ingredients

- 2 medium carrots , diced
- 1 medium yellow onion , chopped
- 1 Tbsp olive oil
- 3 cloves garlic , minced
- 6 cups vegetable broth
- 2 ½ cups diced potatoes
- 2 ½ cups diced butternut squash
- 1 medium zucchini , sliced
- 1 can diced tomatoes
- 1 tsp dried rosemary
- 2 ½ tsp minced fresh thyme (or 1 tsp dried)
- 2 bay leaves
- Salt and freshly ground black pepper
- 2/3 cup dry pasta (optional)
- 2 cups packed chopped kale
- 1 can red or white kidney beans, drained and rinsed

Instructions

1. Heat olive oil in a large pot over medium-high heat. Add onions and carrots and sauté 3 minutes. Then add garlic and sauté 1 minute longer.
2. Stir in vegetable broth, potatoes, squash, zucchini, tomatoes, rosemary, thyme, bay leaves and season with salt and pepper to taste.
3. Bring to a boil then and stir in pasta if using. Cover, reduce heat to medium low and simmer until veggies are nearly tender, about 15 minutes.
4. Stir in kale and kidney beans and cook until kale is tender, about 5 minutes longer. Remove bay leaves, serve warm.

Kewaunee County Public Health
810 Lincoln Street, Kewaunee, WI
920-388-7160